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CANCER SUPPORT**



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**Bristol, North Somerset  
and South Gloucestershire**  
Clinical Commissioning Group

# **Social prescribing: navigating patients from cancer prevention to life after treatment**

**A series of 3 webinars for social prescribers**

**Thank you for joining us**

**Please note, many of these slides contain hyperlinks to resources**

# Social prescribing: navigating patients from cancer prevention to life after treatment

## Webinar III: Social prescribing: The journey from treatment and beyond

1 Oct 2020



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**NHS**  
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Clinical Commissioning Group



Together we will beat cancer

# What We Will Cover

- Local & national patient issues
- Personalised care & support
- Constructive conversations
- Case studies
- When to worry
- Resources
- The Cancer Quality of Life Survey
- Q & A

# A Recap - Cancer Treatment

- *Cancer treatment is decided by a team of specialists together with the patient and depends on the where the cancer is, how big it is, whether it has spread, and the patients general health*
- *Some cancers do not need active treatment and patients are monitored to make sure their cancer is not growing or spreading*
- *Surgery*
- *Chemotherapy; is the use of anti cancer drugs to destroy cancer cells*
- *Radiotherapy; means the use of radiation, usually x-rays, to kill cancer cells*
- *And others.....*

# After Diagnosis/Treatment



Moving from a planned sequence of care to....

Uncertain, often challenging times.



# The National Picture



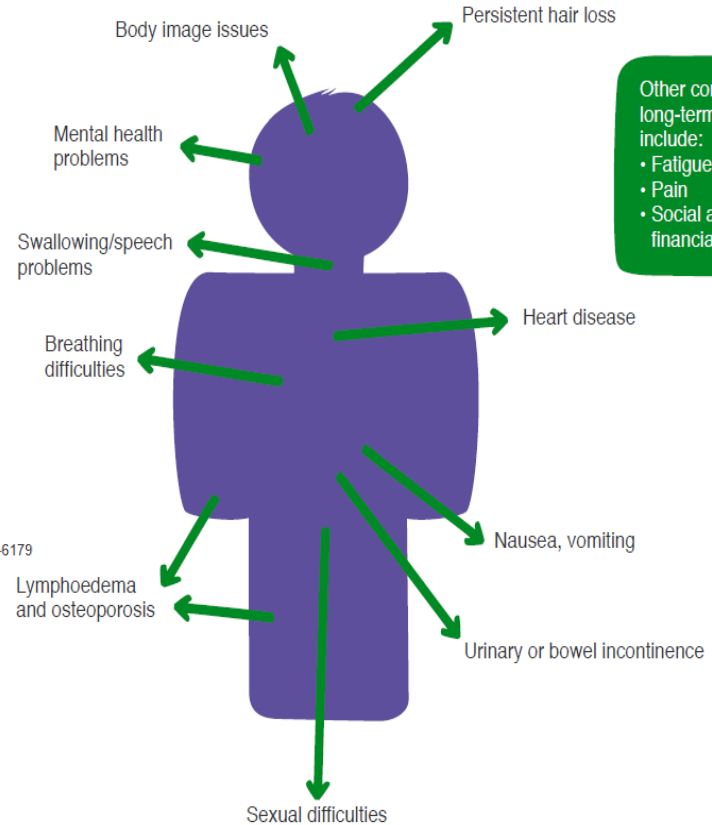
At least **1 in 4** of those living with cancer – around **625,000 people** in the UK – face poor health or disability after treatment<sup>1</sup>



**Over 70%** need emotional support<sup>2</sup> – research shows that 2 in 5 people living with cancer are affected by depression, and 1 in 10 experience anxiety<sup>3</sup>



**1 in 5** people living with and beyond cancer may have unmet needs<sup>4</sup>



Other common long-term consequences include:

- Fatigue
- Pain
- Social and financial difficulties

<sup>1</sup>Macmillan Cancer Support. *Throwing light on the consequences of cancer and its treatment*. 2013 (1 in 4 people using estimated prevalence of 2.5 million)

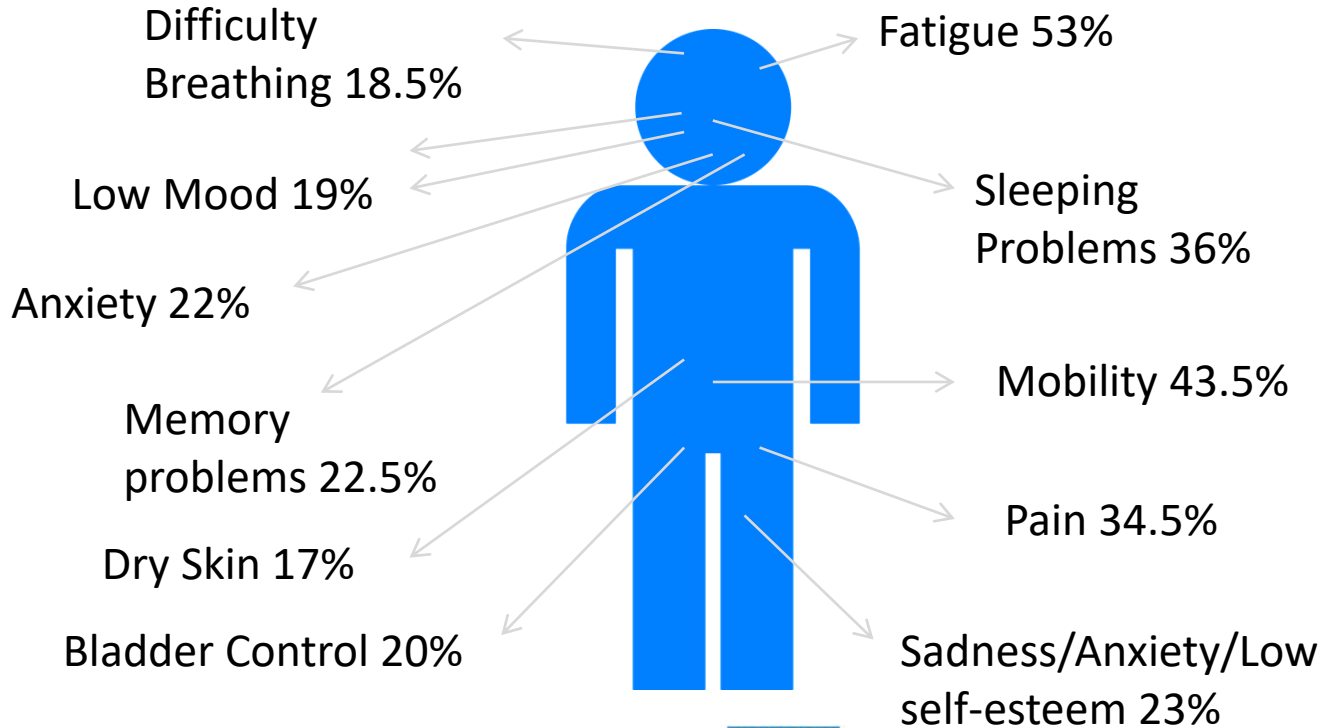
<sup>2</sup>Macmillan Cancer Support. *Hidden at Home – The Social Care Need of People Living with Cancer*. 2015.

<sup>3</sup>Pitman A, et al. *Depression and anxiety in patients with cancer*. *BMJ* 2018; 361:1415.

<sup>4</sup>Armes J et al. Patients' supportive care needs beyond the end of treatment: A prospective, longitudinal survey. *Journal of Clinical Oncology* 2009. 27:36 6172-6179

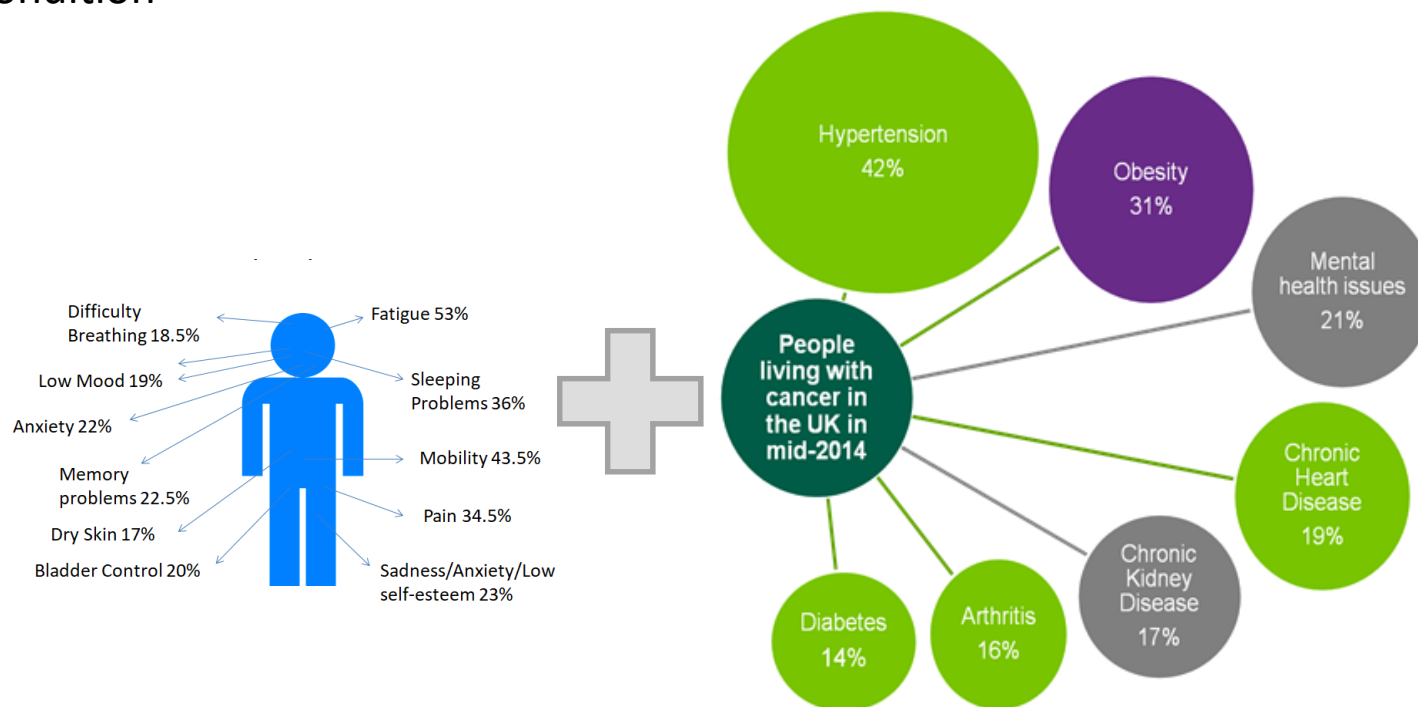
# Longer Term Symptoms

- Taken from 124 patients seen in Bristol



# Other Long Term Conditions (LTC)

Over 70% of people living with and beyond cancer have at least one other long term condition

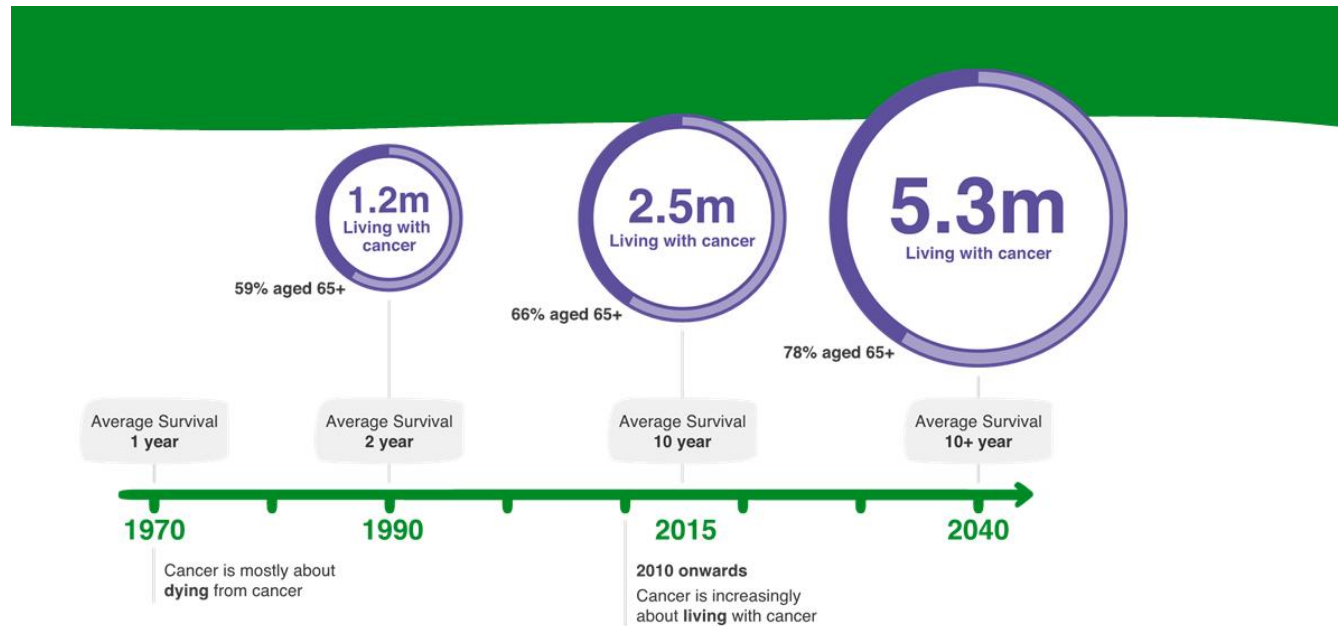


Macmillan Cancer Support. Cancer in the context of other long-term conditions. Scoping evidence review and secondary data analysis. 2015.



# Meeting Local & National Needs

- More people will live with and beyond cancer.
- Providing skills & resources to live well improves quality of life.
- Health & Social care needs reduced.



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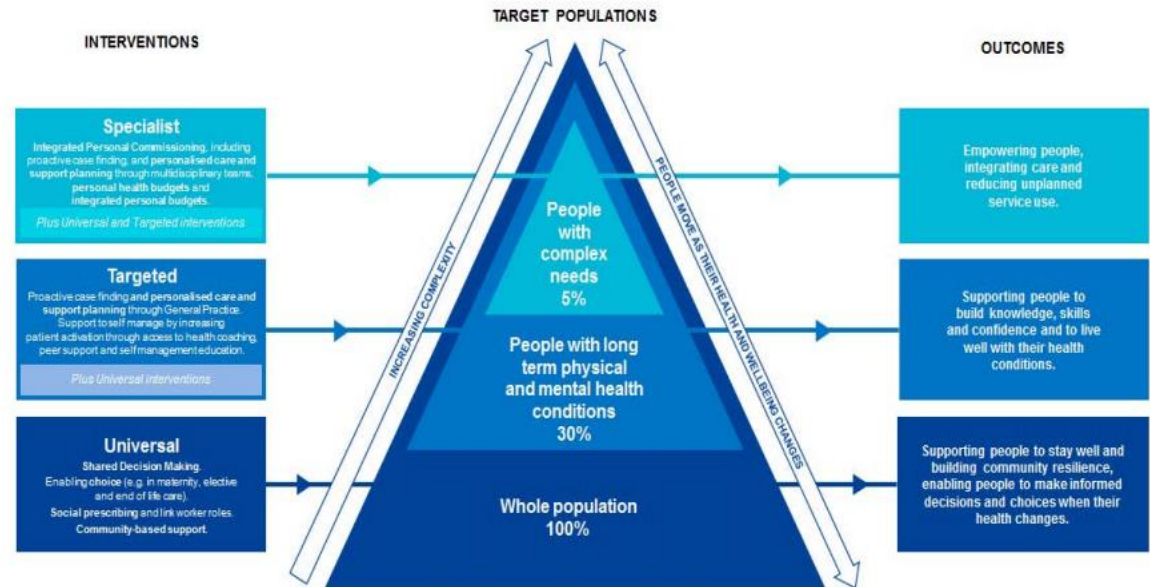


# Universal Personalised Care & the NHS Long Term Plan

## Comprehensive Model for Personalised Care All age, whole population approach to Personalised Care



- Shared Decision Making enables choice.
- Community based support to reach all.
- Staying well & building resilience.
- Informed decision & choice when health changes.



<https://www.england.nhs.uk/wp-content/uploads/2019/01/universal-personalised-care.pdf>  
<https://www.longtermplan.nhs.uk/publication/nhs-long-term-plan/>

# Personalised Care & Support

- One size does not fit all.
- Listening & working with a person enables shared decision making & targeted support.
- Making a person understand their condition can increase confidence & improve outcomes.
- A large proportion of needs are not medical & a 'more human' touch is needed.



# Social Prescribing

- Social prescribing enables GPs, nurses and other primary care professionals to refer people to a range of local, non-clinical services.
- <https://www.kingsfund.org.uk/publications/social-prescribing>
- The aim of social prescribing models is to help people live their lives as well as possible...a focus on supporting them to take control of and to improve their health, wellbeing and social welfare.
- [https://www.macmillan.org.uk/images/social-prescribing-network-guide\\_tcm9-355360.pdf](https://www.macmillan.org.uk/images/social-prescribing-network-guide_tcm9-355360.pdf)
- Social prescribing can be achieved through meaningful conversations via a planned meeting or brief encounter.

# What to Avoid...



# Lockdown Advice...



Drink less alcohol

Stop binging on box sets

Lose some weight



Stop shopping so much online

Do more exercise

# Starting the Conversation



[https://www.macmillan.org.uk/images/social-prescribing-network-guide\\_tcm9-355360.pdf](https://www.macmillan.org.uk/images/social-prescribing-network-guide_tcm9-355360.pdf)

A shift from the medical model to look at way of **engaging people in changing their lifestyle & habits** in ways that are important to them.

A *'What matters to me'* rather than *'what is the matter with me'* approach to care.

<https://www.longtermplan.nhs.uk/wp-content/uploads/2019/08/nhs-long-term-plan-version-1.2.pdf>



<https://www.england.nhs.uk/what-matters-to-you/>

# Holistic Needs Assessment (HNA)

- Physical
- Practical
- Emotional
- Family/relationships
- Health & wellbeing/
- support/planning

### Concerns Checklist – identifying your concerns

Patient's name or label

**Key worker:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Contact number:** \_\_\_\_\_

This self assessment is optional, however it will help us understand the concerns and feelings you have. It will also help us identify any information and support you may need.

If any of the problems listed have caused you concern recently and you wish to discuss them with a key worker, please score the concern from 1 to 10, with 10 being the highest. Leave the box blank if it doesn't apply to you or you don't want to discuss it now.

<p><b>Physical concerns</b></p> <input type="checkbox"/> Breathing difficulties <input type="checkbox"/> Passing urine <input type="checkbox"/> Constipation <input type="checkbox"/> Diarrhoea <input type="checkbox"/> Eating, appetite or taste <input type="checkbox"/> Indigestion <input type="checkbox"/> Swallowing <input type="checkbox"/> Cough <input type="checkbox"/> Sore or dry mouth or ulcers <input type="checkbox"/> Nausea or vomiting <input type="checkbox"/> Tired, exhausted or fatigued <input type="checkbox"/> Swelling <input type="checkbox"/> High temperature or fever <input type="checkbox"/> Moving around (walking) <input type="checkbox"/> Tingling in hands or feet <input type="checkbox"/> Pain or discomfort <input type="checkbox"/> Hot flushes or sweating <input type="checkbox"/> Dry, itchy or sore skin <input type="checkbox"/> Changes in weight <input type="checkbox"/> Wound care <input type="checkbox"/> Memory or concentration <input type="checkbox"/> Sight or hearing <input type="checkbox"/> Speech or voice problems <input type="checkbox"/> My appearance <input type="checkbox"/> Sleep problems	<input type="checkbox"/> Sex, intimacy or fertility <input type="checkbox"/> Other medical conditions <p><b>Practical concerns</b></p> <input type="checkbox"/> Taking care of others <input type="checkbox"/> Work or education <input type="checkbox"/> Money or finance <input type="checkbox"/> Travel <input type="checkbox"/> Housing <input type="checkbox"/> Transport or parking <input type="checkbox"/> Talking or being understood <input type="checkbox"/> Laundry or housework <input type="checkbox"/> Grocery shopping <input type="checkbox"/> Washing and dressing <input type="checkbox"/> Preparing meals or drinks <input type="checkbox"/> Pets <input type="checkbox"/> Difficulty making plans <input type="checkbox"/> Smoking cessation <input type="checkbox"/> Problems with alcohol or drugs <input type="checkbox"/> My medication <p><b>Emotional concerns</b></p> <input type="checkbox"/> Uncertainty <input type="checkbox"/> Loss of interest in activities <input type="checkbox"/> Unable to express feelings <input type="checkbox"/> Thinking about the future <input type="checkbox"/> Regret about the past <input type="checkbox"/> Anger or frustration	<input type="checkbox"/> Loneliness or isolation <input type="checkbox"/> Sadness or depression <input type="checkbox"/> Hopelessness <input type="checkbox"/> Guilt <input type="checkbox"/> Worry, fear or anxiety <input type="checkbox"/> Independence <p><b>Family or relationship concerns</b></p> <input type="checkbox"/> Partner <input type="checkbox"/> Children <input type="checkbox"/> Other relatives or friends <input type="checkbox"/> Person who looks after me <input type="checkbox"/> Person who I look after <p><b>Spiritual concerns</b></p> <input type="checkbox"/> Faith or spirituality <input type="checkbox"/> Meaning or purpose of life <input type="checkbox"/> Feeling at odds with my culture, beliefs or values <p><b>Information or support</b></p> <input type="checkbox"/> Exercise and activity <input type="checkbox"/> Diet and nutrition <input type="checkbox"/> Complementary therapies <input type="checkbox"/> Planning for my future priorities <input type="checkbox"/> Making a will or legal advice <input type="checkbox"/> Health and wellbeing <input type="checkbox"/> Patient or carer's support group <input type="checkbox"/> Managing my symptoms
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I have questions about my diagnosis, treatments or effects

---

**Key worker to complete**     Copy given to patient     Copy to be sent to GP








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# Eight key principles of HNAs to support personalised care

An HNA is a normal and routine assessment which can be used as part of the care pathway to help support people with cancer. There are eight key principles which are:

-  **Preparation is key to success.** The person should know what to expect and why they are attending. It's a chance to work together and not to focus just on their cancer.
-  **Build rapport and trust** before expecting someone to open up and talk about anything very personal. Take your time and talk generally about how things are going before you ask any HNA questions. For example, you could ask 'How have you been coping with the treatment so far?'
-  **Be specific.** For example, 'You've said you get insomnia; can you tell me a bit more about that? What's your sleep pattern normally like? Okay, so what do you think is happening when you find yourself awake at night?'
-  **Highlight coping skills.** Reassure those being assessed that they're not powerless and they can manage some of their own problems. For example, you could ask 'What do you think might help to improve your sleeping?' Acknowledge their self-management skills and build on things that go well.
-  **Focus your HNA on solutions** rather than getting stuck on the problem itself. For example, 'Shall we move on to what we could do about this problem?' 'Can you think of one thing that might improve your situation even slightly?'
-  **It's a chance to talk.** Assessing someone isn't a form of therapy in itself, but it's often therapeutic for people to talk about their experiences and understand that their feelings are normal. HNA sessions should be person centred and, where possible, normalise concerns.
-  **Signpost people for further support** to other resources or organisations that you think might offer valuable help.

[http://smybndccgs.nhs.uk/application/files/7014/8052/4037/Macmillan\\_HNA\\_guide.pdf](http://smybndccgs.nhs.uk/application/files/7014/8052/4037/Macmillan_HNA_guide.pdf)


# Listening

## Process

- Gather first, give later.
- Acknowledge with empathy what you hear.
- Gather all information before advising.
- Use screening questions to check.



Have we covered everything ?




Is there anything else?

## Looking for Hints

- “It’s probably nothing.”
- “It’s been going on for ages.”
- “But it’s always been like that”.

- ❖ Empathise
- ❖ Acknowledge
- ❖ Explore



I hear what you are saying

# A Useful Quote....



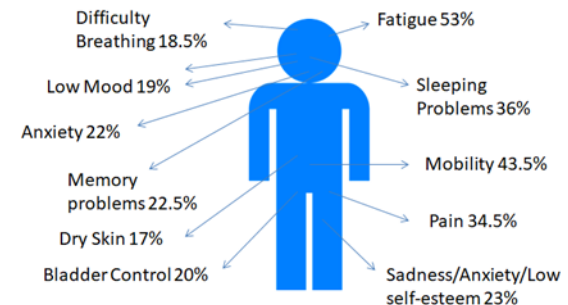
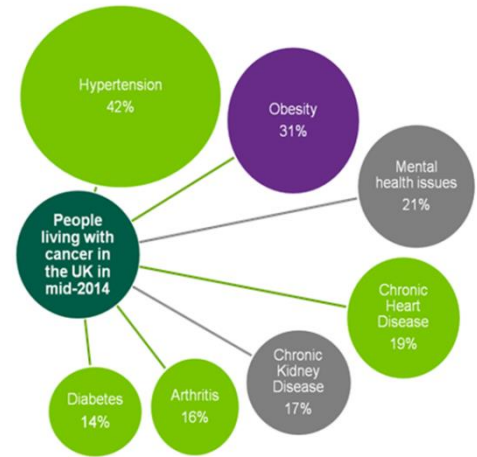
You can't change anyone else's behaviour,  
**BUT**  
You can adapt your behaviour or  
communication to get patients to a  
different place.



# Reflecting

- We communicate via **words & behaviours**.  
When these don't match, listen to the behaviour.
- When you have gathered all the information start reflecting & summarising back.
- Many people are unaware of what they are communicating & this can help gain insight.
- Pick up on themes to explore options for change.

# Some may struggle to focus on specific issues.....



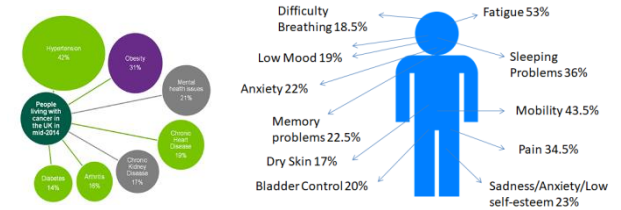
# “What is the most important thing for us to address today?”



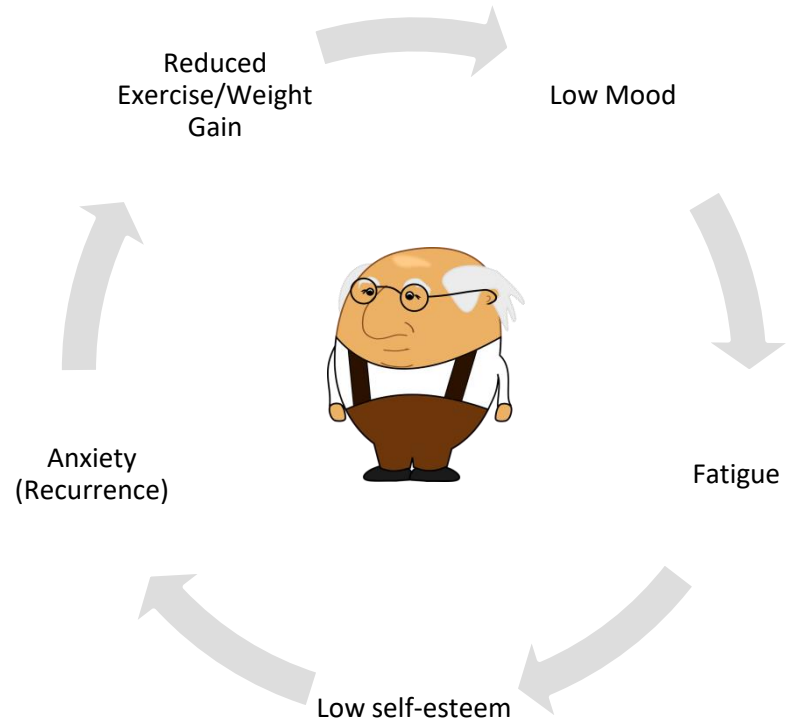
By Frits Ahlefeldt

Find an area that are important to the person and where they are motivated to start making changes.

# Case study 1



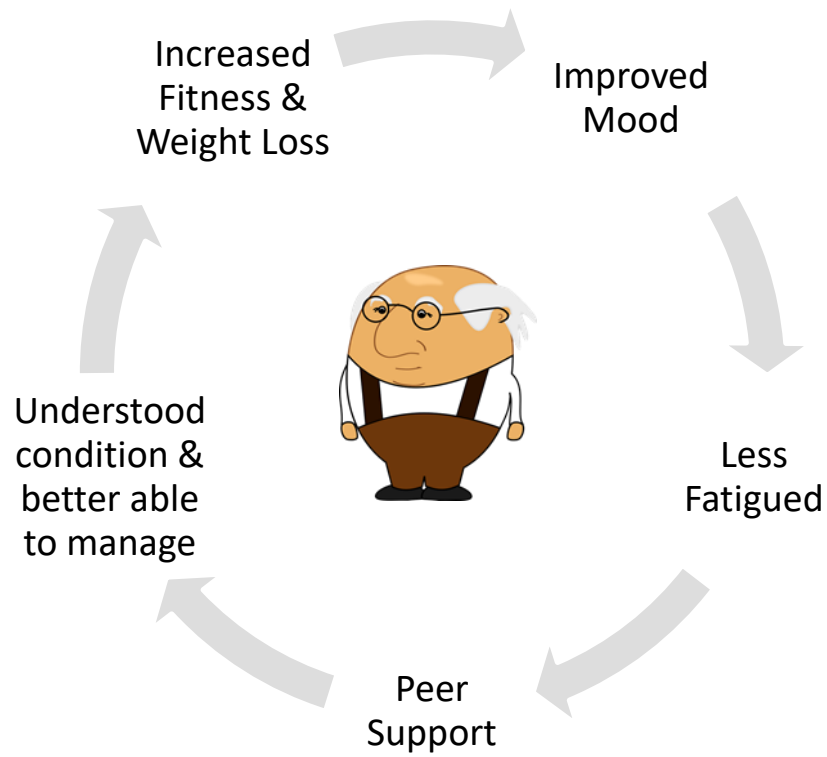
- AI
- 72, prostate cancer – underwent surgery (prostatectomy).
- Loss of libido.
- Felt isolated by condition.
- ‘Used to be a jack the lad’ – feels changed.



# Helping AI

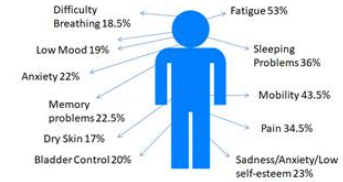


- Sign-posted to self-management course & joined subsequent support group.
- Friendships developed.
- Daily drive to buy newspaper – agreed to walk approx. 3/7.
- Provided with information on prostate Ca - what to expect, diet, intimacy advice.

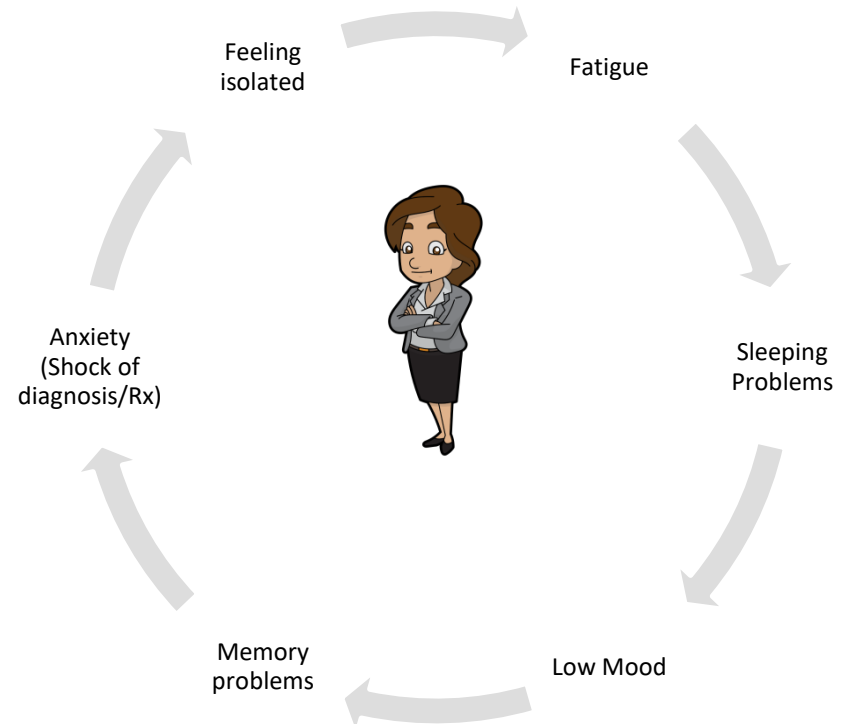




# Case Study 2



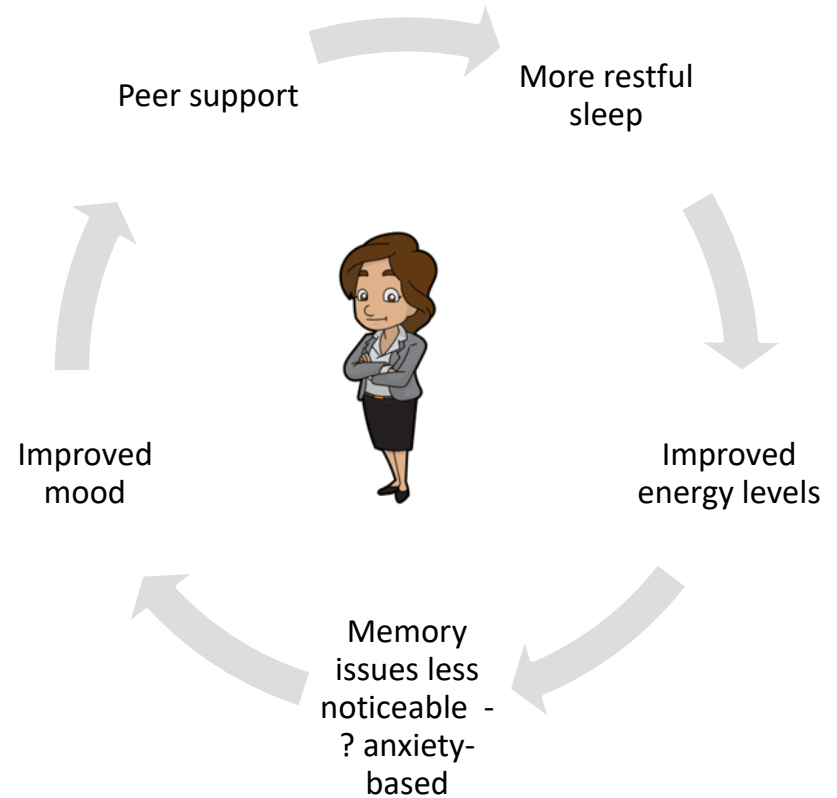
- Sara
- 52, Endometrial (womb) cancer, total hysterectomy.
- Very sudden onset & surgery. Felt discharged as 'cured' but felt dazed & unsupported.
- Menopausal symptoms.
- 'Not myself anymore'.



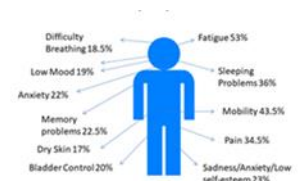
# Helping Sara



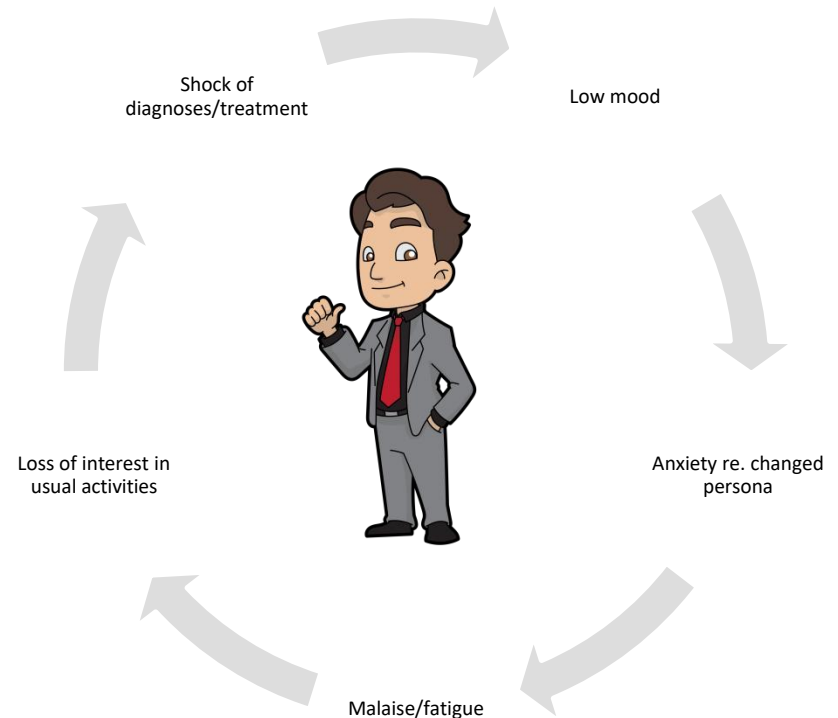
- Sign-posted to a Mindfulness course.
- Sign-posted to fatigue management course.
- Joined a local support group.
- Started walking groups.
- Used CD's provided by prescriber for relaxation at home.



# Case Study 3



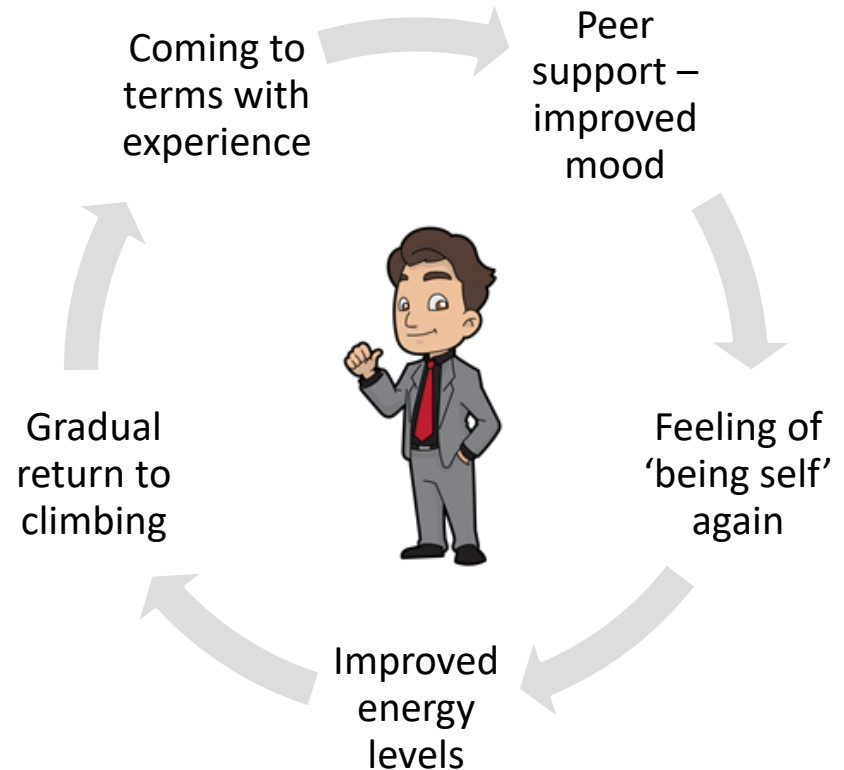
- Mark
- 48 – testicular cancer – underwent curative surgery.
- Became withdrawn, long periods in bed.
- Previous very active – regular climber.
- Frightened by change of personality & future.



# Helping Mark



- Provided with information & resources on relaxation/anxiety management.
- Signposted to local exercise group – Energise.
- Attended community 2 day self-management course – joined local support group.
- Resumed climbing after ending period at gym.



# When to worry....



Issues may be highlighted that are complex or of concern.

Not taking prescribed medication/  
misuse

Not eating/unable to get provisions

- Speak to your line manager.
- A GP or Social Services referral may be required.
  - Keep the patient informed.

Family dynamics –  
unhelpful or challenging  
relationships

Suspicious arise of  
abuse – financial,  
physical or emotional

# Where to start?

## The Challenges of Covid-19

- Initial conversations are often via telephone or virtual means.
- Support available is largely digital.
- Face-to-face groups are coming back in some areas, but with limitations.

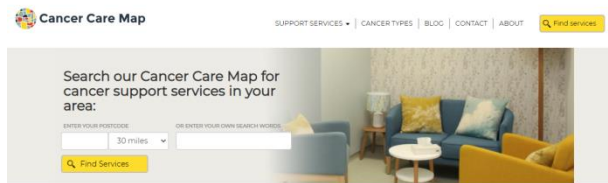


# Where to start?

# Useful resources....

<https://www.cancercaremap.org/>

## The Cancer Care Map



**Medical Services**  
If you think you might have cancer or if you have already been diagnosed, medical services will be at the heart of your care.  
- Read more

**Emotional Support**  
If you are affected by cancer, this may be a very difficult time for you and your loved ones. Talking it through can help you make sense of what is happening and cope with difficult feelings.  
- Read more



**Health**  
When you are offered to help you also emotions  
- Read more

**Practical**  
A cancer diagnosis affects every area of life - from driving, to concerns about work, to coping with the housework. Here you can find out more about what support is on offer.  
- Read more

**Exercise Programmes**  
Exercise classes or programmes can lift your energy levels and mood - even during cancer treatment. Cancer-specific exercise classes combine activities specially designed with your condition in mind, along with expert advice. Which activities you choose will depend on the type of cancer and your health, so talk to your doctor for advice.



**Diet and Nutrition**  
Cancer and the effects of treatment can leave you feeling tired and depleted, so your body needs all the nutrients it can get, even if you are not feeling hungry. Classes and support groups run by dietitians offer tips to boost your energy, reduce side effects, and help you heal and feel better more quickly.



**Complementary Therapies**  
Complementary therapies such as massage or reflexology are supportive therapies that can be used alongside your medical treatment to improve your general sense of wellbeing and help you cope better with fatigue, nausea, anxiety and stress. Complementary therapies are not alternative therapies and do not aim to cure cancer.



**Body Image**  
Your illness or the treatments you are undergoing may change your appearance or affect the way you feel about your body. There are courses and workshops to help you cope with side-effects such as hair loss, including make-up sessions and discussion groups. See also Emotional support, wigs and prostheses.



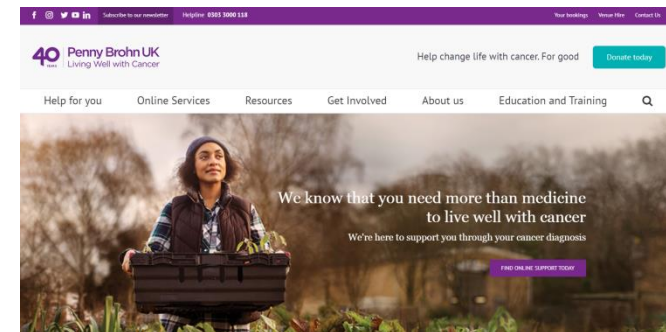
- Contacts for health & social care; voluntary support.
- Practical advice & videos.
- Content & details regularly checked by medically qualified members of the team.

# Useful resources...

<https://www.pennybrohn.org.uk/>

- Online activities
- Phone support
- Counselling
- Treatment Support
- Carer support

## Penny Brohn Centre



**Penny Brohn UK**  
Chapel Pill Lane,  
Pill, Bristol,  
BS20 0HH  
Tel **0303 3000 118**  
Email [info@pennybrohn.org.uk](mailto:info@pennybrohn.org.uk)

### WHAT'S ON THIS WEEK ... 28<sup>th</sup> September - 2nd October

- MONDAY**
- 10am - The Resilience Room, Karen Friett, CEO of LSN, "Reducing the risk of lymphoedema, self-management and where to turn for help"
  - 2pm - The Relaxation Room with Markus
  - 6pm - Move Dance Feel Online (NEW)
- TUESDAY**
- 12.30pm (NOTE NEW TIME) Your Self-care Toolbox, Candace Blair: guided kundalini meditation using the breath and incorporating the sounds of crystal singing bowls & Koshi Bells
  - 2pm - The Relaxation Room with Janey
  - 5pm - The Relaxation Room with Helena
  - 6pm - Caring Yoga for Cancer with the Yoga for Life Project
- WEDNESDAY**
- 11am - Nutrition Know-How, Toral Shah, Urban Kitchen, Cancer, our genes and lifestyle - epigenetics and the impact of diet
  - 2pm - The Relaxation Room with Janey
  - 4.30pm - Stretch and Relax with Alisa, the Bodyworks Project
  - 6pm - The Penny Brohn Community Choir sings online with Doug
- THURSDAY**
- 10.30am - Qi Gong with Alex
  - 11.30am - Strength & Stamina with Alisa, the Bodyworks Project
  - 2pm - The Relaxation Room with Janey
- FRIDAY**
- 10.0am - Move Dance Feel Online
  - 11.30am - Caring Yoga for Cancer with the Yoga for Life Project
  - 2 pm - The Relaxation Room with Markus



# Useful resources....

## Macmillan Website

<https://www.macmillan.org.uk/>

- Access to information booklets, support services & much more.
- Online community for staff & patients.
- Anyone can use this – apply for a login to access enhanced resources.

MACMILLAN CANCER SUPPORT Information and support Get involved In your area About us Search  DONATE

We've found 61 things near Bristol and 1 other fundraising event you may be interested in

Filter results

Show all (61)

- Benefit advice services (9)
- Fundraising events (5)
- Information and support centres (4)
- Practical help and support groups (31)
- Volunteering opportunities (12)

Search by keyword(s)...

Showing 1-9 of 62 results

### AFTER TREATMENT

It's normal to feel lots of different emotions when you finish cancer treatment. We're here to help. Find out about follow-up care, managing treatment effects and making healthy lifestyle changes.

<p><b>Finishing treatment &gt;</b></p> <p>At the end of treatment your cancer team will talk to you about what to expect and what your follow-up is likely to involve.</p>	<p><b>Follow-up care after treatment &gt;</b></p> <p>After cancer treatment, you will have follow-up care from your healthcare team to make sure everything is going well and find out if you have any concerns.</p>	<p><b>Beginning to recover &gt;</b></p> <p>After cancer treatment you may find you need time to regain and rebuild your physical and emotional health. We have advice to help you with your recovery.</p>
<p><b>Lifestyle and well-being after treatment &gt;</b></p> <p>A healthy lifestyle can help your body recover after treatment. It can also help to reduce the risk of other illnesses, such as heart disease, diabetes and strokes.</p>	<p><b>Late effects of treatment &gt;</b></p> <p>There are different terms used to describe side effects that develop after treatment, or side effects that you still have after treatment is over. The two most commonly used terms are long-term effects and late effects.</p>	<p><b>Making decisions about work after treatment &gt;</b></p> <p>Deciding what to do about work after you have finished cancer treatment can depend on your situation. Find out more about the choices you may need to make.</p>
<p><b>Being aware of symptoms &gt;</b></p> <p>Worrying about cancer coming back is very common. Ask your doctor or nurse if there are any symptoms you should look out for after treatment finishes.</p>	<p><b>If cancer comes back &gt;</b></p> <p>If cancer comes back, your doctors will talk to you about your treatment options and help you decide what feels right for you.</p>	<p><b>End of life &gt;</b></p> <p>We can help you find practical and emotional support at the end of life.</p>

### CANCER A TO Z

Find information about all types of cancer, including diagnosis, treatments and drugs, as well as advice to help with the different ways cancer may impact your life.

<p><b>Cancer types A to Z &gt;</b></p> <p>Find out about the different types of cancer, including risk factors, symptoms, tests and treatment.</p>	<p><b>Diagnostic tests A to Z &gt;</b></p> <p>There are different tests and scans to see if you have cancer. Find out about what they are and what you can expect.</p>	<p><b>Treatments A to Z &gt;</b></p> <p>Find out about different cancer treatments and drugs, and get help with treatment decisions you might need to make.</p>	<p><b>Impacts A to Z &gt;</b></p> <p>We know cancer can affect you physically, emotionally and financially. Learn more about the impacts and get advice to help.</p>
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See all in A to Z >

# Useful resources...

<https://www.hospiceuk.org/about-hospice-care/find-a-hospice>

<https://www.stpetershospice.org/>

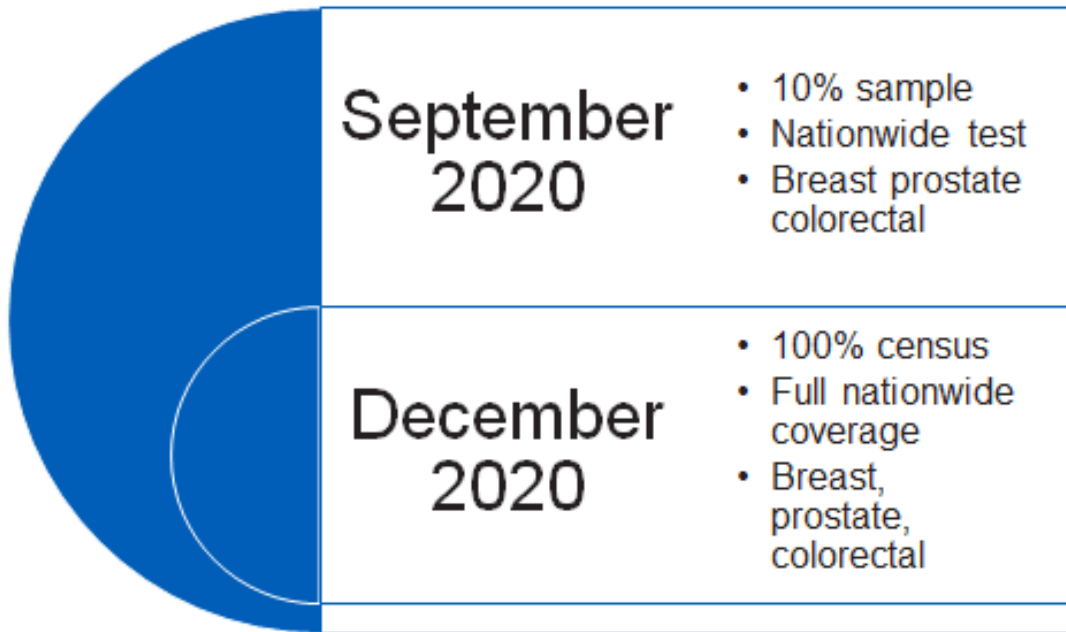
- Services vary across regions.
- Check the websites for services & support offered.
- May need GP/HP referral.
- Referrals in past – Managing breathlessness & fatigue, pain management, enrolling to Day Centre, EOLC preparation and support.
- Telephone support for patient & carer.

## Your Local Hospice



# Cancer Quality of Life Survey

## Cancer QoL Survey Launch



- Letter sent to patients 18 months after initial diagnosis.
- Online questionnaire.
- Copy to patient & GP from Jan 2021

# Cancer Quality of Life Survey- Patient Summary

## Questionnaire results

This report shows your results to the Quality of Life questionnaire you recently completed.

- The scores on the questionnaire are out of 100. The higher the scores the better quality of life at the moment. Lower scores may indicate that you have some health issues.

- Green** means that **three**  **out of four people**

75%

typically have results like this. This is a good result and suggests that you do not have any problems in this area.

- Orange** means that **one**  **out of four people**

25%

typically have results similar to yours. This may indicate that you have some concerns in this area.

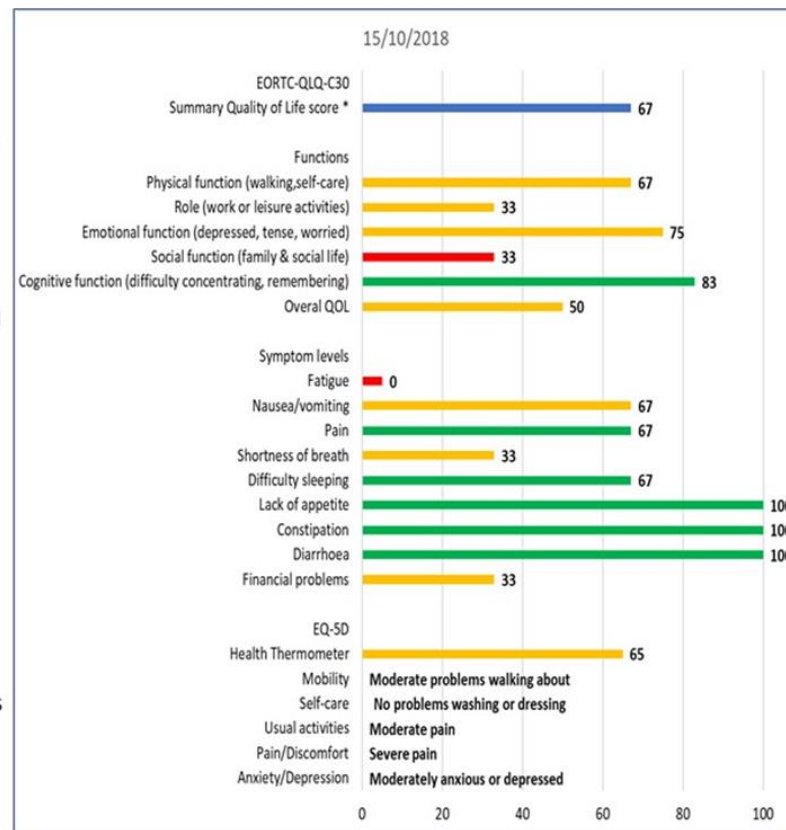
- Red** means that **one**  **out of ten people**

10%

typically have results similar to yours. This may indicate an issue which is bothering you.

- Blue** means that we do not have enough information about how other people feel to make a comparison with your results.

If you are concerned about any health issues please contact your GP or clinical team



# Cancer Quality of Life Survey – Patient Summary

## Questionnaire results

This report shows your results to the Quality of Life questionnaire you recently completed.

The scores on the questionnaire are out of 100. The higher the scores the better quality of life at the moment. Lower scores may indicate that you have some health issues.

Green means that **three** out of four people typically have results like this. This is a good result and suggests that you do not have any problems in this area.

**75%**

Orange means that **one** out of four people typically have results similar to yours. This may indicate that you have some concerns in this area.

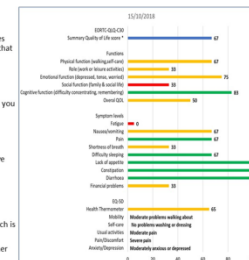
**25%**

Red means that **one** out of ten people typically have results similar to yours. This may indicate an issue which is bothering you.

**10%**

Blue means that we do not have enough information about how other people feel to make a comparison with your results.

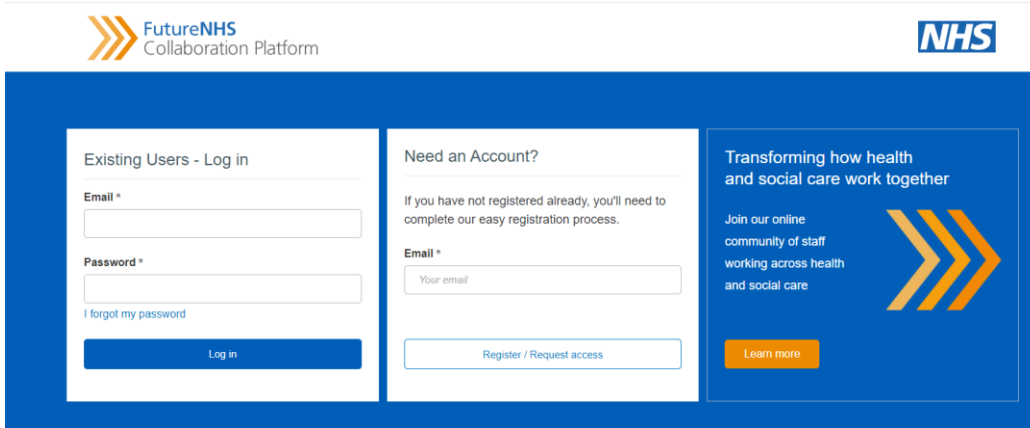
If you are concerned about any health issues please contact your GP or clinical team



- A useful starting point for any discussions.
- Being launched from January 2021.
- Ask patients if they have received a copy.

# Future NHS Collaboration Platform

<https://future.nhs.uk/>



- Register to get online.
- A great platform for sharing ideas & getting up to date info & resources.
- National discussion groups to share ideas and improve services.

## Supported self management



Supported self-management (SSM) is part of the NHS Long Term Plan's commitment to make personalised care 'business as usual' across the health and care system. It proactively identifies the knowledge, skills and confidence (activation) people have to manage their own health and care, using tools such as the Patient Activation Measure (PAM).

## Personalised Care and Support Planning



## Social Prescribing

My new role is to carry out social prescribing activities, so please allow me to join webinars on SP



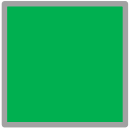
# Q & A Session

*\*Community resources in rest of slide deck*

# Useful Resources



BNSSG specific



National



# Activities



St Monica Trust

St Monica Trust— <https://www.stmonicastrust.org.uk/>

Telephone 0117 949 4000 Bristol based charity provided care, retirement homes and community activities.



**LinkAge Network**—Bristol-based charity across the West of England.

Telephone: **0117 353 3042**

Email: **[enquires@linkagenetwork.org.uk](mailto:enquires@linkagenetwork.org.uk)**

**<https://www.linkagenetwork.org.uk>**



**Energise at Everyone Active Gyms**

12 week community programme specifically for those affected by cancer. Group warm up followed by individualised programs.

Telephone: **07825 033 741** for more information.

# Befriending/Advice



Independent Age—<https://www.independantage.org>  
Advice and support for older age including telephone befriending and volunteer visiting services. Free helpline 0800 319 6789



Age UK—<https://www.ageuk.org.uk/>  
Free information and advice includes befriending



Macmillan Buddies— [www.macmillan.org.uk](http://www.macmillan.org.uk) google search

Macmillan Buddies.

Buddies provides people affected by cancer with practical help around the home and local area during and post their cancer treatment. Provides support once a week for up to 12 weeks.

Telephone **07543 248714** or Email  
**[bristolbuddies@macmillan.org.uk](mailto:bristolbuddies@macmillan.org.uk)**

# Finding Resources



Carers Trust—<https://carers.org/>

Telephone: 0300 772 9600

For carers to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend.



Information on a wide range of organisations; support groups, community groups, events and activities.

Call (free): 0808 808 5252 email: [info@wellaware.org.uk](mailto:info@wellaware.org.uk)

<https://www.wellaware.org.uk>

# Home Support

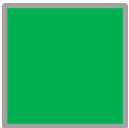


Royal Voluntary Service—

[https://www.royalvoluntaryservice.org.uk/our-](https://www.royalvoluntaryservice.org.uk/our-services/supporting-people/community-companions)

[services/supporting-people/community-companions](https://www.royalvoluntaryservice.org.uk/our-services/supporting-people/community-companions)

No two Community Companions services are identical, but typically practical help, eg. collecting the post or a repeat prescription, walking the dog or changing a light bulb. Company and friendship as well as making sure the person they visit is safe and well.

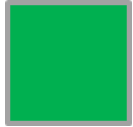


Marie Curie— [www.mariecurie.org.uk/helper](http://www.mariecurie.org.uk/helper)

Offers companionship and emotional support, practical help, a break for families and carers and information on further support.

Telephone: 0845 303 2777 email: [bristolhelper@mariecurie.org.uk](mailto:bristolhelper@mariecurie.org.uk)

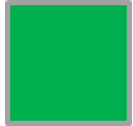
# Home Support



**Goodgym** – <https://www.goodgym.org/>

A community of runners that combines getting fit with doing good deeds. Volunteers visit people in their homes to do practical tasks around the house or garden, and also befriending. Free service, Professional referrals only via British Red Cross from February 2020—

<https://www.redcross.org.uk>



**Support at Home/British Red Cross**

Our independent living volunteers offer practical and emotional support to help you live independently.

<https://www.redcross.org.uk/get-help/get-support-at-home>

# Finance & Welfare



**MACMILLAN**  
CANCER SUPPORT

Macmillan Citizens advice Bureau —

<https://www.macmillan.org.uk/>

Advice on all benefits entitlement. In person or by a phone appointment.



**MACMILLAN**  
CANCER SUPPORT

Macmillan Grants

If you have less than £8000 in savings, and need money, utilities, travel to appointments, getaways or anything which may effect your wellbeing or health, then you can request for a grant of up to £500. An application will have to be done by a macmillan healthcare professional.

<https://www.macmillan.org.uk/cancer-information-and-support/get-help/financial-help/macmillan-grants>



St Monica Trust

**St Monica Trust**

<https://www.stmonicastrust.org.uk/>

Telephone 0117 949 4000

Bristol based charity - retirement homes, community activities, grants applied for via a healthcare professional.

# Finance & Welfare



acas working  
for everyone

## ACAS

Free legal advice for employers and employees.

Telephone: 0800 470 0615

Helen Shallcross

Macmillan Cancer Rehabilitation/Personalised Care and Support Lead for  
Somerset, Wiltshire, Avon & Gloucestershire

[Helen.Shallcross@nbt.nhs.net](mailto:Helen.Shallcross@nbt.nhs.net)

# Thank You

If you would like to get in touch, please contact;

Helen Shallcross

Macmillan Cancer Rehabilitation/Personalised Care and Support Lead for  
Somerset, Wiltshire, Avon & Gloucestershire

[Helen.Shallcross@nbt.nhs.net](mailto:Helen.Shallcross@nbt.nhs.net)



CANCER  
RESEARCH UK  
FACILITATORS

WE ARE  
**MACMILLAN.**  
CANCER SUPPORT



Bristol, North Somerset  
and South Gloucestershire  
Clinical Commissioning Group